

Baba Speaks – Baba Purnanand Bharati

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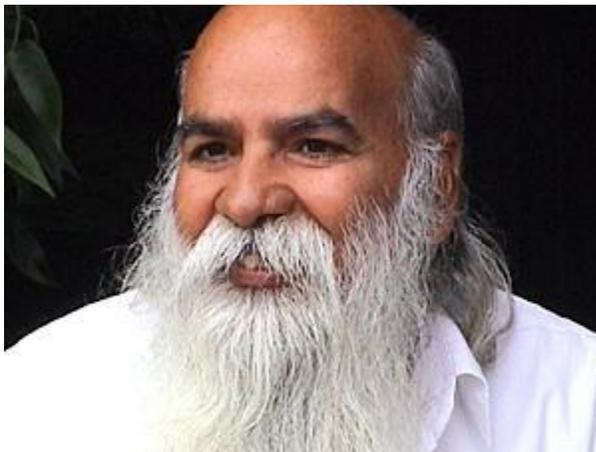
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Here is a link to a short video of Baba [speaking](#).

The following quotations from Baba were gathered from a Facebook page dedicated to him. I will continually update this page as more are posted and the most recent will appear at the top of the post.



Baba Purnanand Bharati

Baba speaks...

Meditation is essentially the combination of relaxation and awareness. You are totally relaxed, and still remain aware.

Sometimes in meditation you may feel lights, sounds, beautiful sentiments of gratitude and bliss: These experiences are beautiful and helpful for your growth when they happen on their own, but don't become attached to them, they will come and go, just like days and nights, summers and winters flow in the cycle of nature, the inner experiences also flow. They are experiences; they are not your nature.

The deepest meditation is when you are completely relaxed, almost like in sleep, but you are aware.

For example , an important moment of your life is when you wake up in the morning. In that moment you are not asleep anymore, but you are not identified yet with your body, and your mind is not yet working. You relax in that precious moment. If you can, remain in that space for 30 minutes or so. You cannot fall asleep because you are fully rested, So you can relax more and more in awareness...

The more you will be relaxed, the more the cells of your body will be cleansed from many desires hiding in the body and in the unconscious mind, and these desires are hindering your growth in meditation.

When the body will be completely relaxed meditation will go easily deeper and deeper towards your Being...
Baba

Baba explains to seekers how to overcome the obstacles in meditation:

Meditation is just sitting silently, doing nothing.

Love and trust in the Master is the most important and fundamental part of our spiritual journey. In the past centuries it used to be enough for many, particularly for women, but in modern times the support of meditation is necessary for everyone, because our all modern education, culture, lifestyle and collective unconsciousness strengthens the mind against the Heart.

Hence without the daily support of meditation our Heart is suffocated by the mind and cannot work properly, cannot flower.

Osho explained this for all his life, but why it is so difficult for people to enjoy a daily practice of meditation?

The two main obstacles are laziness and tensions.

If the body and the mind are tense, as it often happens because of the stress of our contemporary lives, it is difficult to enjoy meditation. If we are feeling sleepy, dull, lazy, and we don't feel a healthy flow of vital energy in our body-mind, meditation is difficult too, because we feel as if nothing is happening and we get bored.

That's why Osho has created active meditations, to free ourselves from these obstacles and enter easily in a space of RELAXED AWARENESS.

In my experience with thousands of seekers for 30 years I found the Kundalini Meditation most helpful for relaxing the body from tensions and shocks, and to start a good vital energy flow.

Very helpful for your body-mind health is also to have long walks in nature , to practice 20 minutes of easy Yoga like Surya Namaskar, and enjoying dancing freely your favourite music.

Once the body is starting to relax, Pranayama can be a very effective method to cleanse the Chakras and the passage of the Kundalini energy, leading us in a healthy state of vital energy.

And Nadabrahma Meditation goes even deeper, purifying our subtle vibrations and bringing us to the point of pure consciousness. Nadabrahma does really miracles to purify our spiritual energy.

One more important point to understand is that it is very easy to meditate in the presence of a living Buddha, because his blessings nourish your soul and protect you from the collective unconscious vibrations.

His presence is very powerful and acts as a shield to all kind of negative vibrations. But when you are alone you have to deal with this mind vibrations coming from the unmeditative world that surrounds us.

The most important and effective support is, in my experience, listening to Osho lectures at least in the beginning stage of your meditation.

That will connect you with Osho's intelligence, and disconnect you from the collective unconsciousness.

I usually don't encourage to practice other methods, for they may not be safe for each and everyone. Choose and experiment with these techniques everyday until you find your own way to enjoy meditation.....Enjoy!...

Baba

The Spiritual Journey needs commitment and patience.

Don't be in a hurry for Enlightenment,
or it will become an obstacle.

There are people that are with me from twenty years,
and still they have not solved all their problems.

When they first arrived to me they were suffering
in their minds,

but they have a meditative space now,
and mostly they are enjoying themselves.

They earned it in all these years,
meditation after meditation,
with continuity and patience.

And yes, few seekers have attained with me,
and now they are free.

But the majority of seekers need a longer journey.

In life, everything valuable needs time to get,
and Enlightenment is the most precious
of all things, it is for eternity.

It will grow like a flower inside you, in its own time,
in its own season.

It will depend on your thirst
and surrender in meditation,
and on your stage of purification
of your unconscious mind.

Leave it to Existence.

But the people who are sincerely
meditating with me,
are enjoying themselves more and more each year.

It is a beautiful journey. Be patient and enjoy.

Baba

ACCEPT AND BE AWARE, this is the secret of a joyful meditation and a joyful life. I'm not saying to escape your responsibilities, you need to take care of yourself, of your work, of your life in the marketplace. But once you have done your best, accept what life brings. Don't live in an attitude of complaint, live in an attitude of gratefulness. For example, we are now on the lawn and few mosquitoes are biting us. Before that happens you do your best to protect yourself: wear socks, use a repellent cream... but after it has happened don't complain, accept it with love. If you angrily scratch yourself you will make things worse and the unpleasant sensation will last longer. But if you accept it peacefully the itching will disappear sooner. Really, we don't know why Existence arranges things for us, maybe they are needed. Negative and positive things are in a certain balance in the world, and they are both needed for our growth. Every time I suffer with my body I learn something. For example, I have two sicknesses, diabetes and heart weakness. I have suffered much because of these sicknesses, but you will be surprised: it is because of them that I am alive. Because of them I had to change my lifestyle and take care that I have proper food and proper rest. And this is the way of my enlightenment, I accept everybody and everything in my heart, with awareness. Acceptance and awareness, acceptance and awareness, this is the key for a fast spiritual growth, of a joyful meditation. When I say "Enjoy" I don't mean the same thing that you mean, it is much more. I mean a joy that is also freedom from the mind and freedom from the body. A joy that is not dependent from outside conditions. An unconditional, eternal joy. Accept and be aware, and one day you will find it in yourself.

Baba

If you practice Meditation with continuity, slowly, slowly you will find a Light showering, a Bliss.... Bliss is our Nature. You will be surprised, our Nature is not sorrow, sorrow is only our false imagination. Our true Nature is Bliss. A Bliss just showering.... And when we touch it, we feel happy. In Meditation Bliss comes, and the more it comes the more you will be dis-identified from the body-mind nonsense....

Baba

अभाव – EMPTINESS (Lack of bhaav – the feelings, here, lack of feelings one get out of pleasures from the world)

Emptiness is our nature, but we could never live in emptiness: we keep occupied twenty-four hours because a connection with something or the other is always established.

Some connection is always established, only we are not aware of our own presence. We keep on speaking, but we are not aware of our being, and we realize our presence only by keeping ourselves occupied.

Actually, things are not trapping us, not bonding us, it is we who are looking for something, it is we who want to become something.

We could never understand what we are, nor we could become what we are, so by connecting we think we'll become something, a feeling of being something will come over. Something will happen. Man makes a contact, goes somewhere, and gets social only thinking that he will become something.

We got this understanding of 'something will happen' since our birth and definitely, something happens. When something happens, it gives you the feeling of your presence, even if a little bit, but it happens. If it did not happen this journey would have stopped. This journey is going on in a very stunning manner.

As soon as we get something from the world, we become something and "that becoming of us informs us of our false being."

You have forgotten what you really are, and whenever you identify in any becoming, a current runs into you and you think something is there.

All the actions in the world is depending on this.

Man understands it clearly that what he keeps on doing is all stupidity, if he analyzes his work every man knows that it's a useless stuff that he is doing it. However, the result that comes out from the work gives him the false sense of being something.

The work is actually addressing you at the right direction, anything from the world addresses you at the right place, but only if we live with awareness we can make use of this world also.

When something happens inside you , that should be used in turning you inwards . You must turn in, but so much of emptiness is there in your being that you never go inwards.

You need some excuse to turn around but there is no excuse there!

Nothing is seen because nothing was there, an emptiness (Abhaav) is persisting there and you cannot survive in that emptiness (abhaav), the very feeling of one's being is not there in that emptiness;

so what will you turn inwards for? Then you run from that emptiness and come out of it, to become something, to create something, and you commit another brawl to make something happen.

Now from a new happening that you create, your own presence stands up and you experience a slight feeling of your being.

Therefore, this has become a trick to live in this world.

So be it, there is no problem with the world, with this trick.

But just be very, very alert of each of the happenings.
Baba (translated from Hindi)

My spiritual journey was very simple. I met Osho, and he explained to me to live in awareness, here and now. And slowly, slowly, my understanding started arising, and clarity came. After Enlightenment I went to see Osho. He just put a hand on my head and said: Ok!... And for 30 years, not a single moment has not been ok!
Baba

In the world, you cannot find a single person who is satisfied with something outside himself. You can be satisfied only with yourself.

After you know yourself, you will be perfectly happy with whatever happens around you.
Baba

When you are sitting in meditation, in the beginning the mind is very tense, but slowly, slowly, the mind is going to relax, and the Consciousness arises. Be fully alert of whatever happens, don't give meaning to what happens in your mind, don't analyze. It is the mind that creates analysis, and that's why awareness doesn't happen. You live amongst the thoughts, but with full awareness. Don't fight, just accept. In spite of all the thoughts, you are feeling Consciousness.
Baba

In meditation, just watch very gently. Don't try to judge and understand what is happening to you with your mind, because your mind cannot understand what happens on the spiritual plane. It is beyond the mind, you will understand it only after your enlightenment.

The vital energy will play with your chakras, just let it happen. If you try to understand it, you will interfere and disturb the natural energy flow. If you cling to spiritual energy phenomena and want them to happen according to you, you will be frustrated. Energy always flows by the immense intelligence of existence, and only after enlightenment you will have a vision of it.

Just watch gently and wait for surprises! If you try to control it, you cannot have surprises ... Just be in a light attitude of awareness, a light awareness behind the head, it is enough! And let yourself be possessed by the vital energy, it' is immense....
Baba

In meditation, find a comfortable posture, because to forget the body is needed. And stop fighting with whatever happens. We need to be CHOICELESS. CHOICELESSNESS dissolves the mind, the ego and all the problems. If we argue with ourselves, with others or with Existence ,we just waste our energy.
Baba

The inner sound OM has been studied in India very deeply and very mathematically, and if you can hear it inside you, it is the easiest way to go into meditation.

Pranayama is needed to keep your Heart open; otherwise if you close your Heart, which is your center, you will fall into depression!

If you are in harmony with Existence, Existence will support you. Not because of some miracle, but because your intelligence and intuition function perfectly.

Baba

The first step to achieve awareness is: first you accept, this is the need of Existence, that's why you are here! If you don't accept the reality, you fight with it, and different parts of your mind start fighting between each other, how you can be aware?

But if you accept, all your energy can be channelized into awareness. Acceptance creates more and more presence, you don't split your energy because of your ideas. Just accept, don't compare with the past and the future, and then you will be total, and totality and consciousness are the same thing.

Baba

Only one thing is in our hands,
in everybody's hands:
living in alertness, Here and Now!
You start, now in this moment, you start...

Baba

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Baba

All that you see in others is just a part of yourself. Remember, all the people around you are simply your mirrors.

Remember that to digest negativity is your responsibility. It is your own aggressiveness that is being provoked by Existence. Existence loves you and wants you to be free from all darkness. If you don't watch your negativity and throw it out, the provocation will come back stronger and stronger, until you will accept it and watch your reactions.

Remember few important things that will be helpful to you, in this process of conscious self-purification of your negativity: the person who is provoking you is not always doing so, most of the times he has different attitudes, and inside that person there are many other different qualities.

Don't remember the past and don't expect the same problems. Face every moment as new.

Some people are born with a karma of much love inside them, some people are born with a karma of much anger inside them. Whatever you feel inside you, you have to face it, digest it as

it comes out from your unconscious into consciousness without analyzing it and get distracted with psychological reactions. It is useless, just watch it with full awareness and it will start melting. Awareness is the golden key.

Awareness is mostly happening during silent meditations, and the process of melting your negativity will need a practice of daily meditations, one or more hours according to your capability. The longer and more regular your meditation will be, the more you will be able to transform your unconsciousness into Consciousness.

Baba

Baba explains to seekers how to overcome the obstacles in meditation :

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Baba

When your energy is down and you don't feel overflowing, Pranayama is helpful.

It will recharge your body with new energy, Prana, then you can sit joyfully and aware. You can do also Nadabrahma focusing on the Navi center (navel center) or dance for half an hour, till your energy is open and overflowing, then sit silently in your presence.

If this is not helpful and you are really stuck and feeling meaningless you can also do Tathata meditation: Loose your body, loose your body, loose your body... relax, relax, relax...

Then you will feel your SPACE, you will come back in contact with Existence, and this will recharge you.

Baba

Suffering is not spiritual, it is only misunderstanding.

But it happens because we are living in this world and there is so much suffering here.

If you fight with suffering it will be stronger. Accept it without being identified, relaxedly , not fighting. Remember that everything is going to be passed, coming for going. Nothing remains, nothing good and nothing bad. Only you feel that YOU ARE SPACE, and everything happens in space, coming and going. No need to identify there.

Without you anything can happen? No, you are the most important. Only you are, as a SPACE, not as a personality, not as any ideas, as any thoughts, otherwise they will create identification and drama.

Everything comes and goes in space, don't be identified. If you suffer it means you are identified.

Understanding will happens slowly slowly, at the end, then you will know that you are only space and you will always enjoy.

Baba

When you are Here-Now love arises,

Here-Now creats love.

But when you are living in dreams

you disconnect from this great phenomenon.
When you are Here-Now
immediatly happiness comes, bliss comes,
what a great secret of life
Osho gave to everyone...
I don't know why people are missing it!
He explained it very clearly to everyone,
those who can understand it
enjoy very much!"
Baba

For the next three years I will not travel around the world, I will live always in my Ashram and everybody is welcome there ...
Baba

I will live five or six years more, that is my limit. Then, I will be zero...
Baba

If you feel consciously your Heart it will be very helpful. And slowly, slowly everything will merge there. Nothing else will remain, because the Heart is your greatest source of energy. Slowly, slowly all the different parts of your being will merge into your Heart.

Our reality is the Heart, not the body. If you are aware of your Heart, it will expand in all the parts of your body.

The Heart is infinite, but we try to feel only some part of it, connected to the senses. Our mind has always a program, and is trying to use the Heart's energy for its purposes. The Heart in itself has no senses; neither the five physical senses nor the five intellectual senses belong to the Heart. All the senses release vital energy outside of ourself. Only the Heart does not release energy outside. Its nature is just continuous celebration.

If you are aware of your Heart, its energy will expand and its aura will cover your whole body. Then you will enjoy your body very much. Then you will be free from all the nonsense belonging to mind and senses, because you will be so happy and blissful that you will not need anything else. Whatever you are doing will be blissful in the Heart space.

Expand your Heart. If you are aware about the Space, your Heart will expand and will merge everything. This is the final technique of the seeker. After this stage the seeker has nothing in his hands. Now it's the time to live in totality, just here and now, and the Heart is always living here and now. The mind and the senses are always living in past and future, but the Heart is always living here and now.

Don't try to live here and now with the mind, otherwise you will fight with yourself. Here and now is not a quality of the mind. When you will love in the Heart, here and now, the mind will surrender, because the Heart is much bigger than mind and mind is getting its very life energy from the Heart. It doesn't have its own energy.

Everything will become clear, don't worry. If you listen to your mind you will live in calculation and analysis and you will never be happy. So you don't attend your mind, always attend your Heart and the Heart energy will make everything clear. You will be supported by loving energy and loving energy wants to merge. Everything will merge there, all the mind garbage flows to the ocean, because you are the ocean, you are a vast emptiness.

Baba

You cannot love anybody else. Love is possible only if there is no other, only oneness.

Baba

Acceptance is needed. Even when something happens in our life which we don't like, we should not feel complaining, because we don't know what we did in our past lives. Whatever wrong we did, we have to pay a karma for it. Accept it, and let it finish it.

Baba

Awareness is needed ... The whole unconscious mind has to be purified in Meditation and transformed into Consciousness. There is no shortcut. Everything has to be watched.

Baba

Meditation is helpful for everyone... all over the world there is a need to do something extra than normal life, something spiritual. Any kind of Meditation, Yoga, Pranayama, Prayer...

Something is needed now! Because the world is becoming everyday worse and worse, and mind is very heavy, mind energy is very heavy, how you can survive amongst of the people?

So, you need a supplementary food. Meditation, Yoga, Pranayama, are the supplementary food for the human beings. Not only for enlightenment, it is necessary for normal people too. It is necessary to enjoy Life!

Baba

You are part of Existence, in fact you are Existence. Since childhood some identification is there, that you are one thing or another. Otherwise, if you are not identified with your ego, in this moment you will be totally merged with Existence. It is because of your thinking, that you are not consciously connected with the real source of Life. And that's why you are not enjoying your Life. You want to be something, a thousand things you want to be. And this is a very stupid idea. If for a moment, just for a moment, you live as if you are nothing... no personality, no mind, no body, you are nothing! And suddenly, within a moment, you will feel you are everything. You will be surprised! When you come to this real understanding, that you are nothing, then everything is there, all of Existence is there...

And you will never come to this understanding if you are in the mind center, because the mind always wants to be something, so please come back to your Heart. Forget these all stupid games of your mind, and come in your Heart. This is why we are doing Meditation here.

And automatically, when you will be in the Heart, you will feel that you are nothing, just nothing. You are no more there, just Emptiness. You are there, but without any personality, and without any form. And the reality is this, you don't have any form. If you are feeling any form, you are not there, and you will never be happy. Because you are searching yourself, and in the

mind you will never be yourself. You will be always a dream, a thought, an idea, an imagination... but you will never be yourself. This is our dissatisfaction.

And that's why we are searching to satisfy ourselves with all kind of friendships. You are your best friend! And you are searching yourself through your friends! Or through money or a thousand and one things... But remember it! You are searching for yourself... Slowly, slowly, through Meditation your Heart will develop, and from inside you will feel that you are nothing, just Emptiness... it means that you are meeting yourself.

Baba

From their very childhood, ninety percent of the persons are living in the inferiority complex. And they want to create a superiority complex. The all world is doing this drama! They feel inferior, and they want to be something, because the wound of their inferiority is torturing them.

Directly you cannot do anything about it. The only medicine is Meditation, because it will grow your awareness. And awareness will change you into a blissful Being.

You will not be begging for a superiority feeling, that somebody may feel: "Oh my God, you are really great!"

You will just enjoy your Being.

Baba

If you go on sitting in Meditation, a very deep cleaning of the unconscious will happen. If you are patient, slowly, slowly in Meditation you will become very clear, and it will be forever. If you will be strong and patient, your witness will develop. Meditation is the only way. Dynamic, Kundalini, dance, all is good to enjoy and balance the energy, but if you want the real progress, long sitting in Meditation is needed. I will soon sit with you for long time...because I want everybody free!

Then you will really enjoy, you will be new, fresh...

Baba

When you are Here-Now love arises,
Here-Now creates love.
But when you are living in dreams
you disconnect from this great phenomenon.
When you are Here-Now
immediately happiness comes, bliss comes,
what a great secret of life
Osho gave to everyone...
I don't know why people are missing it!
He explained it very clearly to everyone,
those who can understand it

enjoy very much !
Baba

What is Meditation? Meditation means
that you and Existence are in a beautiful harmony,
Existence is your beloved...
In meditation you merge with Existence,
you totally disappear,
and then pure Love arises...
Baba

What remains of many years of your life? Only your consciousness that has grown. Only for this,
we come into the world... and if we grow our consciousness, life becomes so beautiful and
wonderful...!
Baba

Enlightenment is you, your Isness... You feel your Isness, and it will become bigger and bigger,
vaster than this world: that is Enlightenment. Feel your Isness, start in this way. You are here and
now, feel it! And it will grow bigger and bigger, this body and mind will melt into it.
Everything will be merged there because you are much more than this world. This is
Enlightenment.

But start with this technique; it is the best and safest. You start here and now. Don't be hectic,
don't be serious! Just be with yourself, just Being.

And maintain it! When the mind goes somewhere else, come back to your Being. Go on coming
back to your Being. Then the taste of your Being will develop. Enlightenment is the taste of
Existence, the soul of Existence.

But start in this way; otherwise it will be just philosophy.
Just enjoy it! Enjoy your Being, your presence here and now.
And this is how Enlightenment will happen.
Baba

In the world, you cannot find a single person who is satisfied with something outside himself.
You can be satisfied only with yourself.
After you know yourself, you will be perfectly happy
with whatever happens around you.
Baba

If you don't feel vital energy in your body, in Meditation you will not be able to feel aware and
enjoy. First you need to create a good flow of Prana or vital energy in your body.

You can go for a walk in the forest, do an active meditation like Kundalini or Nadabrahma,
Pranayama is also very, very helpful, and the best is dance! Somehow you have to take care that
there is enough oxygen in your body and lungs, or the vitality will not happen. Once your energy

is awake and flowing, it is the time of Meditation, otherwise you will remain stuck on the emotional plane, where suffering is sure! Be alert... you are on the fire! On the emotional plane you will be dreaming, excited, and the force of nature will make your unconscious mind very powerful.

You can repeat endlessly the same stupidities all your life...

If you meditate, slowly, slowly, slowly you will become more and more aware of your body-energy that is always Here-Now... This is the easiest way to enter into Meditation and into the present moment... And if you are enough patient and go on meditating, slowly, slowly, your energy will rise higher and higher and you will feel as if you are Space, like the Sky... that is the best Meditation.

Baba

We are here and now, just in this moment.

The past does not exist, it is only in your memory,
the future does not exist, it is only a dream of your mind.

But the body exists. In your body the energy is always on the move,
just like a river, just like a flame. The body's structure is the same, but your vital energy dies and is reborn every moment.

This is the reality, the real phenomenon of life .

Feel the presence of your body and your vital energy, in this moment. This is the key to start connecting to your consciousness.

If you don't understand this, you cannot celebrate, because Celebration is Here-Now...

Baba

If you practice Meditation with continuity, slowly, slowly, you will find a Light showering, a Bliss... Bliss is our Nature.

You will be surprised, our Nature is not sorrow, sorrow is only our false imagination. Our true Nature is Bliss.

A Bliss just showering... And when we touch it, we feel happy.

In Meditation Bliss comes, and the more it comes the more you will be dis-identified from the body-mind nonsense...

Baba

Sometimes, when somebody is in front of me, and he loves me, he cannot find his ego. Because he is conscious. Love and consciousness are the same thing, without your being conscious, aware in this moment, you cannot feel love.

You will be surprised, when you are feeling love it means you are here and now! The only difference is that, if you depend on an object or person, there is only love. But if you are not depending on an object and you are feeling love, you are in meditation.

Baba

When you are sitting in Meditation, in the beginning the mind is very tense, but slowly, slowly, the mind is going to relax, and the Consciousness arises. Be fully alert of whatever happens, don't give meaning to what happens in your mind, don't analyze.

It is the mind that creates analysis, and that's why awareness doesn't happen. You live amongst the thoughts, but with full awareness. Don't fight, just accept. In spite of all the thoughts, you are feeling Consciousness.

Baba

We cannot see our reflection in running water. It is only in still water that we can see. So Be still and watch whatsoever comes In your mind, love, anger, anxiety, joy Just a simple watchfulness and you are separate from all these.

Baba

How can I explain to you what is Enlightenment...

For example, you feel that you are sitting here, and the river is flowing there... But for me , the river is inside me, you all are inside me, the all Existence is inside me... It is such a beautiful mystery!

Baba

I'm not a magician, a miracle man. I'm a very simple man...

Only, I 'm aware, hundred percent aware.

And I pray to God only one thing:
more awareness here!

Baba

The first step to achieve awareness is: first you accept, this is the need of Existence, that's why you are here!

If you don't accept the reality, you fight with it, and different parts of your mind start fighting between each other, how you can be aware?

But if you accept, all your energy can be channelized into awareness.

Acceptance creates more and more presence; you don't split your energy because of your ideas.

Just accept, don't compare with the past and the future, and then you will be total, and totality and consciousness are the same thing.

Baba

Only one thing is in our hands, in everybody's hands:
living in alertness, Here and Now!
You start, now in this moment, you start...
Baba

In Meditation you cannot do anything,
only simply you can open yourself,
and feel always gratitude to Existence.
Then you will be more and more open,
and something will start showering,
something will be happening...
then you can enjoy your Meditation.
Baba

When you are merging with the presence of the Master,
one miracle happens.

The Master is no more there,
you can never get him,
you will melt, melt, melt,
searching for him,
and one day you will disappear.
Baba

If you want to know the Real Heart
you will need great silence inside you.
Only then, the reality of the Heart will arise.
Because the Heart is a much bigger,
much higher reality than the mind,
and the lower cannot understand the higher...
Baba